

INSIDE



St. George

SPRING 2019



SPRING INTO FUN!

A NEW/THRILLING WAY
TO GET AROUND TOWN

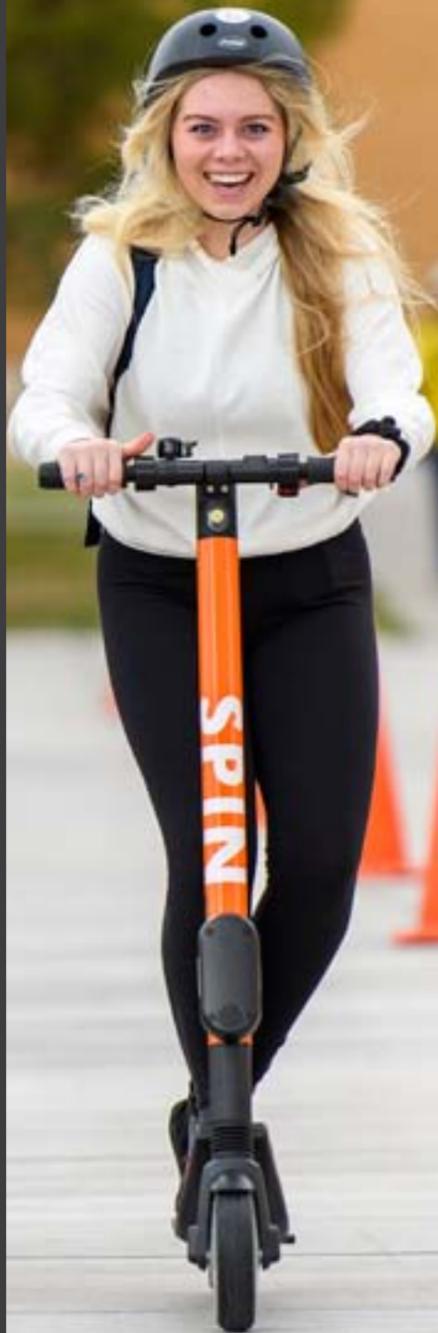


Photo by Dave Becker

The newly introduced electric scooters are an instant hit with Dixie State University students

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MAYOR PIKE'S MESSAGE

I'm an optimistic person, which is why I love springtime. All around us we see nature bolting into action. Trees are green again. The weather gets warmer — although this year it did take a while. There is so much to do in the Spring. And you can do a lot of it without having to step inside a vehicle.

In the City of St. George so many alternative options for transportation have emerged. In 2018, the Zagster Bike Share program was launched. At several locations throughout St. George you can rent a bike using the Zagster app. Those who live east of Bluff Street and seek a non-driving solution to reaching the west side of town are encouraged to utilize the new pedestrian/bicycle tunnel that goes under Bluff Street and comes out near Sunset Corner.

The more adventurous (and skilled!) are urged to check out Snake Hollow St. George Bike Park. Designed by our talented Parks Planning folks, the sprawling 80-acre complex has four skill zones for all ages and abilities. And it is far from complete. Construction on the new NICA loop (National Interscholastic Cycling Association) begins this year and should allow the bike park to host high school championship events.

The Washington County Tourism Office has been a great partner in this endeavor, helping finance a park now the envy of the region. Snake Hollow is the only year-round bike park in Utah and welcomes a mixture of residents and tourists.

People seeking less exertion but still wanting to be outside on wheels have another exciting option. In March, Spin electric scooters became available to rent citywide. How it works is you download the Spin app — like Zagster this is app-driven — you pay a buck to unlock the scooter and then an additional 15 cents per minute. Your ride terminates whenever you choose.

You can ride to most places in the city and when you are finished you simply stand the scooter up and out of the way. (Some locations like football stadiums, skate parks, bike parks and inner Town Square are prohibited. The scooter will not operate in them.) Remember, safety first. Like bicyclists, scooter riders are asked to wear helmets and watch for pedestrians. Also, please don't leave scooters where cars can run over them or people can trip over them.

Step outside and feel the warmth on your skin. Take a deep breath and think of the possibilities. ☀

Jonathan L. Pike
Jon Pike
City of St. George Mayor

City of St. George Concert in the Park 2019
Vernon Worthen Park - 300 S 400 E, St. George

Don't Miss the Second Monday of the Month! **APRIL - SEPT. AT 7:30 PM**

DAVID GERALD
Soul Rocker
04.08.19

ERIC DODGE
Country
05.13.19

MICHAEL BARROW & THE TOURISTS
Folk/Blues/Rock
06.10.19

Sponsored by the City of St. George with funding from the Utah Division of Arts and Museums, the State of Utah and the National Endowment for the Arts.

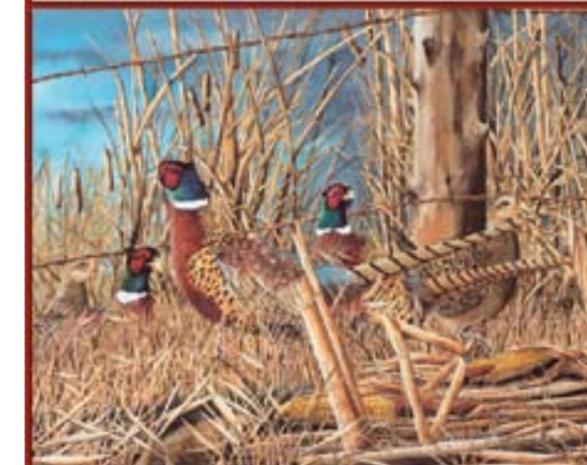
St. George Arts & Museum RAP

Best Western Coral Hills
CORAL HILLS
A division of Leisure Services-City of St. George 125 E. St. George Blvd.
For arts information please call: 800-542-7713
435-627-4530 435-671-4844

Park seating is available, bring blankets, lawn chairs, food and the family.

40th Annual St. George Art Festival

Friday & Saturday
April 19 & 20, 2019
10-6PM



...FEATURED ARTIST...
Paul Twitchell
Town Square · Historic St. George · 50 S. Main



DIXIE GOES DIVISION I



In January while standing in front of a standing-room-only crowd inside the Dixie State University Student Activities Center (SAC), University President Dr. Richard B. Williams announced the institution has accepted an invitation to join the Western Athletic Conference (WAC) and will begin the transition to NCAA Division I status. The event was emceed by DSU Athletic Hall of Famer and former NBA great Lionel Hollins and was attended by Utah Governor Gary R. Herbert, WAC Commissioner Jeff Hurd, and other dignitaries.

The announcement was met with an enthusiastic ovation, reminding some longtime Dixie supporters of the atmosphere inside the SAC back when the basketball teams played there.

Dixie State will officially apply for NCAA Division I status in June of 2020. Upon completion of the four-year reclassification process, the Trailblazers will be eligible for NCAA Division I postseason play beginning in the 2024-25 season.

"Moving to Division I is the next pivotal step in Dixie State University transitioning from securing university status in 2013 to obtaining university stature," President Dr. Richard B. Williams said. "Joining the Western Athletic Conference will not only elevate our athletic teams and allow them to play other high-caliber competitors, but it will elevate our entire university and expand the stage on which we can share the message about the high-quality academic programs, individualized attention and active learning opportunities available at Dixie State."

Dixie State has been a member of the NCAA at the Division II level since the 2006-07 season after several decades as a NJCAA national power. DSU sponsors 15 intercollegiate athletic programs, including six men's sports (baseball, basketball, cross country, football, golf and soccer) and nine women's sports (basketball, cross country, golf, soccer, softball, swimming, tennis, track and field, and volleyball).

During the reclassification period, 14 of Dixie State's 15 sports will compete in the WAC, while the DSU football program will compete as an independent at the Football Championship Subdivision (FCS – formerly I-AA) level.

Since 2009, the Trailblazers have made 57 NCAA Division II Regional championship appearances and won three regional championships in softball in 2009, 2014 and 2015 (national runner-up). DSU has also had 27 student-athletes earn Division II All-America honors, while 20 more student-athletes earned Academic All-America recognition.

"We have enjoyed over a decade of championship-level success at the NCAA Division II level," DSU Director of Intercollegiate Athletics Dr. Jason Boothe said

"With the current trajectory of our institution, coupled with the increased growth of St. George and southern Utah, we feel the timing is perfect to take that next step forward to increase the visibility of Dixie State University."

There are currently nine full members of the WAC, including fellow in-state school and former DSU junior college rival Utah Valley University, along with former PacWest rivals California Baptist and Grand Canyon. CSU Bakersfield, Chicago State, Missouri-Kansas City, New Mexico State, Seattle University and The University of Texas Rio Grande Valley round out the full-time roster of WAC schools.

We Listen & We Learn

These are just three examples of how listening allowed us to learn how to better serve our customers. As a department, we appreciate the opportunity to hear from our customers. It helps us learn how to better serve the needs of the community.

The Energy Services Department which provides power for much of the city is a public power utility, meaning it is a not for profit utility, governed by the Mayor and the City Council. As part of the community we know it's important to listen to our customers. Listening gives us an opportunity to learn.

One of the services we provide is street lighting. We listened to customers' requests regarding street lighting that was not meeting their needs. We learned to balance the need for safety and address customers concerns regarding light shining into their homes. In some cases shielding was installed to reduce light overflow. In some neighborhoods timers were installed to lower light levels after mid-night and increase them again closer to sunrise when many residents are out for their morning walks.

"I want to extend special thanks to you and your "electric team" for replacing those "acorn glare bombs" with fully shielded, LED lights on the Angel Arch bridge just south of Sunstar Drive....."

- Mr. Smith

Our line crews conduct tree trimming annually, rotating throughout the city to keep tree limbs from growing close to power lines. This is a safety and reliability issue. However, there are times when a customer notices a trees growing close to a power line before crews are scheduled to trim it. We appreciate customers notifying us of the issue so that a line crew can be dispatched to evaluate the issue and safely trim trees that could interfere with power being delivered to our customers and/or cause a safety hazard.

"On Monday 29 January, I had the pleasant experience to visit with and observe a tree trimming crew from the Department of Energy. They were most respectful of my property and did an excellent job of trimming limbs that had compromised the power lines. These are the workers who engage in day to day activities that make a public awareness and appreciation of city employees. You can take pride in their work ethic."

- Mr. Ashman

The department has offered a net metering program since 2005. This is a program that allows customers who install solar PV on their homes or business to cover their energy load by generating power from the sun. Over the years the program has evolved and been revised. The most recent revision was made at the request of net metered customers who wish to carry any energy credit generated over from year to year.

Staff evaluated the request and recommended the council approve a change to the program to allow residential net metered customers to carry kWh's over from year to year up to a maximum of 5,000 kWh. The program was updated in January 2019. ☀

CONSERVING WATER Easy Does It

When it comes to water conservation, every drop counts. As residents of the driest and fastest-growing region of the state, it is our collective responsibility to use our water wisely.

Conserving water doesn't require drastic lifestyle changes overnight. It can be as easy as deciding to use less water than before and making simple changes to make that happen.

To help residents identify simple water-saving practices, the Washington County Water Conservancy District (district) launched its "Easy Does It" campaign this spring. The district provides water to St. George and other cities throughout the county.

The "Easy Does It" campaign encourages all residents to incorporate simple ways to save water in their daily routines. For example:

- Follow the recommended irrigation schedule
- Plant a landscape that thrives in our desert climate
- Adjust sprinklers to water the yard, not the concrete
- Turn off your irrigation when it rains
- Drip irrigate plants, trees and shrubs
- Hand water dry spots
- Use a pool cover
- Only wash full loads of laundry and dishes
- Turn off the tap while shaving and brushing your teeth
- Take shorter showers

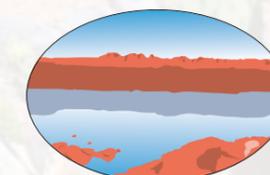
And that's not all – but you get the idea.

"Conservation is contagious, and we want everyone to catch it," said Karry Rathje, public information manager for the district. "We can accomplish great things through simple measures if we all commit to make a difference."

Washington was the first county in Utah to develop a water conservation plan and meet the governor's statewide water conservation goal.

St. George Mayor Jon Pike said water conservation is a way of life in southern Utah. "We have to conserve our water," he said. "We're all dependent on a single water source – the Virgin River basin, which is a small desert tributary. That sole water source supports thousands of residents and a diverse list of industries, but it's a limited supply that we must protect. We should only use the water we need."

Together with Washington County Water Conservancy District, the City of St. George is committed to water conservation. To learn how you can save more, or for a list of current water conservation rebate offers, visit wcwcd.org. ☀



WASHINGTON COUNTY
WATER CONSERVANCY DISTRICT



1. Spin eScooter Launch

Dixie State employee Jyl Hall enjoys a ride during the Spin e-scooter launch in March at DSU



1

2. State of the City Address

Mayor Jon Pike (top) and City Manager Adam Lenhard (bottom) address a sold-out audience at his State of the City address in February at Dixie State



2

3

3. Heritage Days

Mayor Pike, Adam Lenhard and members of the St. George City Council work hard and enjoy some levity while serving root beer floats during Heritage Days in January



4

4. McGary's Final Show

The Mayor honored radio personality Mike McGary for his over 30 years in radio during McGary's final show on KDXU 890 AM. Though McGary is retired, he will continue to broadcast high school athletics.



5

5. Crimson Ridge Park

Chief of Police Rich Farnsworth has some fun with children at the new playground at Crimson Ridge Park, January in Little Valley.



6

6. St. George Paegant Royalty

St. George paegant royalty enjoy root beer floats at Heritage Days in January.

SAINT GEORGE CAROUSEL



March 21st - May 25th
Tuesday - Thursday 11AM-5PM
Friday & Saturday 11AM - 9PM



May 27th - September 2nd
Monday - Saturday 9AM - 1PM & 5PM - 9PM



September 3rd - December 20th
Tuesday - Thursday 11AM - 5PM
Friday & Saturday 11AM - 9PM



... CLOSED ON SUNDAYS ...

CAROUSEL PRICES

1 RIDE FOR \$1⁰⁰
OR 20 RIDES FOR \$15⁰⁰

CHILDREN UNDER 42" RIDE FREE
W/A PAYING ADULT

RETURN TO THE Sandlot

By Della Lowe



YOUTH SPORTS PART 3

earlier articles in this series that kids are playing so hard it causes injuries and, often, burnout by the time they are in high school.

"I think the key is to let your children guide you. They will show you what their interests are. One thing I learned from experience with my three children, who are all so different, is they will do and play exactly how they want to. Whatever they can imagine and whatever they see other children doing, they will try out. It's a process as they test things out and decide I don't really like that, that's scary or I really enjoy that, that's fun."

Watanabe notes that it's a different process for each of them. "All children approach physical

playing sports and have our favorite sports. We decided we weren't going to push our kids into one or the other unless they wanted it. It comes down to personality because some kids can thrive under the scrutiny under that drive their parents give them. Opinions differ as to whether that is healthy emotionally, psychologically, physically, but I think, for the most part, kids are not meant to be pushed competitively at such a young age. Those early years are meant to be about exploration and learning very broadly what the world is about. When it comes to sports, I think those same principles should apply."

When asked about the role of recreational activities as opposed to competitive activities, Watanabe believes competitive activities should begin at a



The St. George Approach to Youth Sports

The Recreation Division of the Leisure Services Department of the City of St. George, Utah provides myriad opportunities for its citizens to participate in the Arts, outdoor activities, sports and continuing education programs. Indeed, its mission statement is not just an empty statement but a true commitment to the residents. It provides services that focus on people and advance a thriving community. The Youth Sports Programs fall into this mix of services and the department is constantly striving to understand the newest research and trends so that it can innovate and be nimble in providing the best experience for its young participants.

I recently interviewed Emerson Watanabe, Recreation Manager, to get his views on encouraging kids to be active and on early specialization in sports. "Kids are playing less outside with so many distractions and so many demands on their time. In many cases, because of budget cuts, they are not even growing up with PE in school," said Watanabe. "If children learn early to be active, it will translate perfectly into adult sports and a lifelong habit of physical activity."

The Youth Sports Programs provided by the City of St. George are designed to be affordable, which allows children from all economic circumstances to participate. While the scope of the programs is ambitious, it is planned to avoid the same pitfalls of early specialization discussed in the earlier articles in this series. The City provides opportunities throughout the year for children to participate in flag football, volleyball, rugby, basketball, soccer, baseball and softball, some divided by gender, some by age and some by ability. "We feel it is important for children to try a lot of different things and not to be too sport specific at a young age," said Watanabe. He notes that research is showing, as referenced in the

If children learn early to be active, it will translate perfectly into adult sports and a lifelong habit of physical activity.

activity in their own way and their personalities really play into that. My son is a very cautious person, and it was clear at a young age he would test the waters of everything he did. He would be very cautious climbing up or down on sofa. You could see on his face that he was thinking about how to accomplish that task. Whereas our daughter, she just went for it. She dove right off the couch and got injured and started crying. We've allowed our children to try things and figure it out at their own pace. Our son played soccer, baseball, ninja warrior gym and he just started taking guitar lessons. Some of these we suggested, some he asked to try."

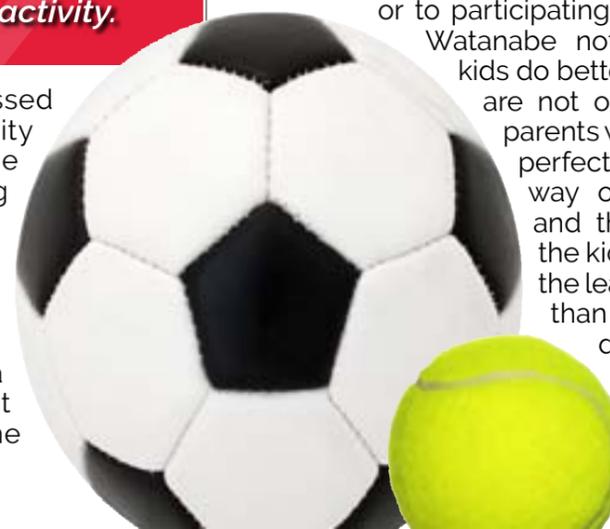
When asked about the influence of parents on guiding children to one sport or another or to participating in physical activity, Watanabe noted that, at times, kids do better when the parents are not on the sideline. The parents want the kids to have perfect form or a perfect way of doing the sport, and that can discourage the kid. His advice, "follow the lead of the child rather than pushing in one direction or another."

"My wife and I both grew up

somewhat older age – perhaps middle school. Children need some free play. There is a role for both but he feels competitive activities should start at a later age and recreational and competitive can certainly both continue.

The philosophy behind the range of programs offered by the City is to prevent the burn-out that can occur by playing only one sport, which can then limit the desire of the young athlete to participate in any sport in high school or college. That can effectively end their outdoor play and exercise. If children get to try a lot of things, which is what recreational play offers, maybe some of that will translate into a habit, a gym membership as an adult, a routine of exercise.

"At a younger age there is a lack of understanding and maturity of competitive play that comes along with competition. I think there is something to be said for encouraging more of that free play at early ages and then as children mature a bit more, they can handle competition and what comes with that. Think of something as simple as playing Uno with your kids or a board game. Our kids are 7, 5 and 2 and even at 7, our son does not completely understand, mentally and emotionally, how to lose. So if you force that on a kid at too young an age it can be detrimental. We try to teach them it's ok, let's be happy for our sister, who just won the game. You don't have to win. I think there is definitely room for both recreational and competitive play, but try to hold off on the competitive side of things until later in life."





"There are two types of recreation. There is free play, open recreation, and regimented recreation where we have specific programs and classes and activities. I think our society has shifted so much to the latter that you lose some of the creative nature that kids have to play and explore – and, of course, risk injury."

A Changing the Game Project article, notes that in a study of 1200 youth athletes, Dr. Neeru Jayanthi of Loyola University found that early specialization in a single sport is one of the strongest predictors of injury. Athletes in the study who specialized were 70% to 93% more likely to be injured than children who played multiple sports. Another research point in the same article finds, "that early participation in multiple sports leads to better overall motor and athletic development, longer playing careers, increased ability to transfer sports skills to other sports and increased motivation, ownership of the sports experience, and confidence."

According to the staff at the Youth Sports Program in St. George, sports specialization is not vital at a young age, before 15 to 18 years old, to be successful in high school or college. Part of becoming a good athlete is getting touches on the ball – any ball. Hand eye coordination, strength, height, etc. are all the factors that go into a good athlete. Speed and power develop at different rates throughout people's lives.

The St. George Recreation Youth Programs do not necessarily compose teams by age or school grade. Because it strives to include all children, able bodied, physically challenged, emotionally or mentally challenged, the staff stresses age-appropriate activities based on where the child really is. This avoids pushing children out who may be, for example, of an age to be in the eighth grade, but are not physically or mentally able to compete with children at that level. The child is then put into a group where she can feel successful.

Changing the Way Teams Are Formed

Again from the Changing the Game Project, "Early specialization ignores the importance of deliberate play/free play. Researchers found that activities, which are intrinsically motivating, maximize fun and provide enjoyment, are incredibly important. These are termed

deliberate play (as opposed to deliberate practice which are activities motivated by the goal of performance enhancement and not enjoyment). Deliberate play increases motor skills, emotional ability, and creativity. Children allowed deliberate play also tend spend more time engaged in a sport than athletes in structured training with a coach." The article points to research which says that participating in multiple sports offers:

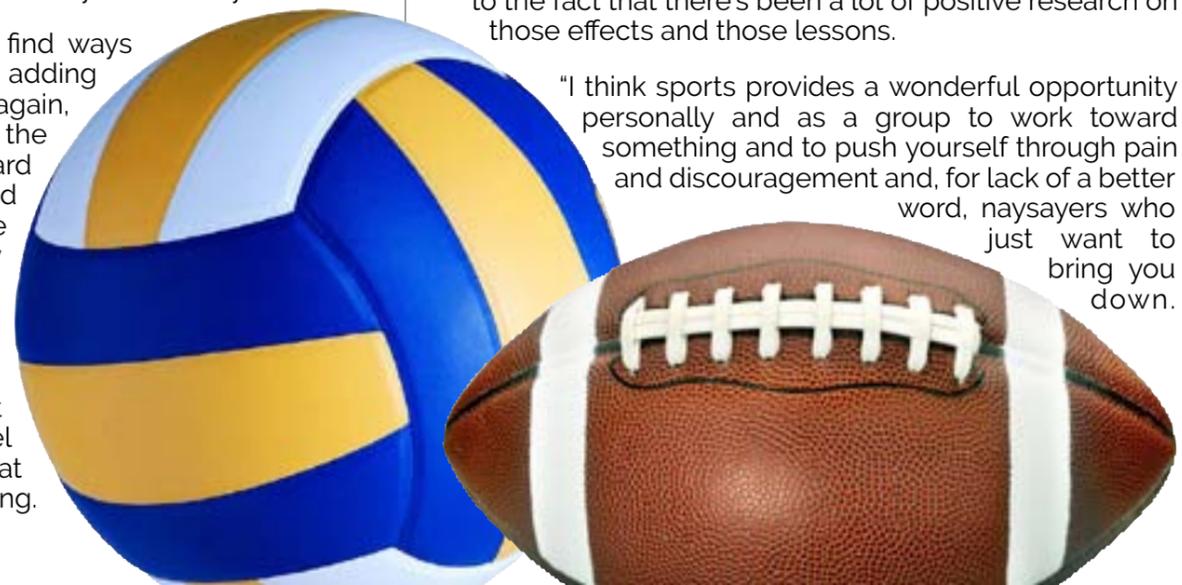
Better Overall Skills and Ability
 Research shows that early participation in multiple sports leads to better overall motor and athletic development, longer playing careers, increased ability to transfer sports skills other sports and increased motivation, ownership of the sports experience, and confidence.

Smarter, More Creative Players
 Multi-sport participation at the youngest ages yields better decision making and pattern recognition, as well as increased creativity. These are all qualities that coaches of high level teams look for.

Most College Athletes Come From a Multi-Sport Background
 A 2013 American Medical Society for Sports Medicine survey found that 88% of college athletes surveyed participated in more than one sport as a child

Watanabe emphasizes, "We feel it is important to keep up with trends and research – both physical and psychological - and to be innovative. Inclusiveness is important since all young people, no matter what their ability, benefit from physical activity and variety."

The programs try to find ways to add value without adding cost, because, again, inclusiveness is the goal without regard to demographic and income status. The staff has done that by soliciting sponsors for T-shirts, trophies etc. The students can wear the shirts for school and it makes them feel proud to show that they are participating.



The recreation staff understands that people's hand eye coordination, strength, height and mental maturity, speed and power all feed into becoming a good athlete and develop at different rates throughout their lives. Does that mean they cannot be good athletes? Not at all. It means they may not be developed enough in all those factors that go into making a good athlete.

Watanabe noted that we do not have children majoring in an academic subject at 9 or 11 or 12 because they have too many things to explore. The mind is still growing and children cannot make those decisions at a very young age. It is the same with sports. "Even at a much older age there are people who can just move into these sports because they have a certain amount of natural athleticism, a certain amount of physical fitness and then they get motivated because they find they enjoy something and they become good at it," said Watanabe.

The programs provided for Youth Sports are not only about recreation. "We try to serve a broad range of capabilities while maintaining a balanced sports participation that is both age and ability appropriate," he said. To do that, the group continues to explore new initiatives, such as breaking programs up into age groups of six month instead of a full year and offering some ongoing clinics to respond to a need for some more intensive instruction.

"At the end of the day, we want our programs to serve the greater good and encompass what the community need is, while serving 'the one'," said Watanabe. "By creating smaller teams we give children more individual instruction, more touches on the ball, simplify the games and give each child more play. We are not trying to cater to one range of capabilities or one demographic but rather to provide children with a way to improve in a sport without encouraging year round specialization."

Watanabe feels it is important to recognize that there is a lot of social learning that can happen with team sports, indeed all sports. There are lessons about how to work hard as a group to achieve a goal, to deal with the emotions that come with winning and perhaps more importantly, losing, and how to interact appropriately with others while dealing with those emotions. He points to the fact that there's been a lot of positive research on those effects and those lessons.

"I think sports provides a wonderful opportunity personally and as a group to work toward something and to push yourself through pain and discouragement and, for lack of a better word, naysayers who just want to bring you down."

It teaches some resilience, so there is a lot to be said for what sports can offer besides the physical health benefits. It also takes coaches and sports managers who are focusing on teaching those lessons outside of the competition. It has to be about a larger vision of winning and losing because winning and losing are part of life. Children can learn from these experiences and use them later in life to help them with other hard decisions and situations they might face in their families, their careers, and their communities."

Finally I asked Watanabe if there was a sports figure whom he admired or whom he found inspirational. "There are many sports figures who are role models, but the great Michael Jordan stands out for me. He is widely regarded as the greatest basketball player of all time. But early on, he was cut from his high school team and instead of giving up, he just worked and worked and worked and trained until he made himself better. His father, and his mother as well, taught him lessons about perseverance and not giving up, which I think were very important in forming him as the superlative athlete he became."

Watanabe emphasized that the most influential people in a child's life are his or her parents. If they are getting support and those lessons are being taught in the home at a young age, when they hit that age where they start interacting with other members of the community, other figures who are mentors to them, a child already has a good foundation to build upon. This will help them in their experiences, not only in the sports they play, but also later in life. "While it's important to listen to people who give you constructive criticism or advice, if you wish to keep trying to excel at something, it is important not to be deterred by those who say you won't be able to. Sometimes you won't achieve a goal, but at least you tried. Every setback can teach you something about how to succeed next time. ☀"



THERE ARE FEW THINGS THAT TRULY MATTER

In this grouping of exhibits, we find essentials

There are few things that truly matter. Water is more important than food. Much of our bodily composition is water. Streams, rivers, lakes, seas, and oceans are alive. Water is in the sky, in the earth, blue, green, grey, soft, hard, cold, hot, cleansing, powerful, calm, stormy. Water runs through us, through our lives, through our landscape. It is essential. Downy Doxey-Marshall bring us water. She writes, "My family moved to St. George when I was five years old. Though I lived there for less than a year the beauty of the landscape left a lasting impression on me...I found the inspiration for this new body of work walking through the river bottoms at sunrise throughout Washington County. This exhibition is a celebration of the wildness of the unkempt vegetation conversing with jewel-toned pools."

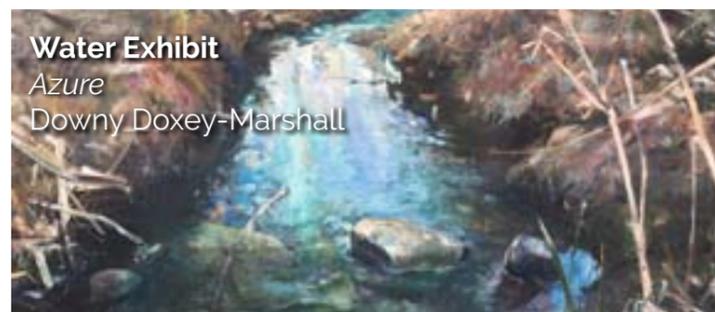
Things that Matter brings us viewpoints and creations from 31 fiber artists from across the country. All of us seem compelled to create, whether in a small private way or in a professional, public arena. While we may not agree with every artist's opinion as expressed in their art, museums are places to contemplate alternative viewpoints and ideas in a safe environment. In addition to our compulsion to create, we too are political animals. We have a need to express and share our opinions that matter on issues. Artists with a purpose bring us their ideas about Things That Matter.

At some time in our lives, many of us will need medical help. Vulnerability examines artistically one EMT's experience in this work. As both an artist and an EMT, McGarren Flack, shares what he has witnessed. Some of it is difficult to see, but there is truth. In spite of the hard scenes, we know that someone came to help those seriously ill and in need.

Flack says, "Each artwork is painted life size to allow the viewer to become a participant in the experience. It is important for me to share these scenes because I believe it will help the viewer connect to humanity. There is no escaping the



Vulnerability Exhibit
Croup
McGarren Flack



Water Exhibit
Azure
Downy Doxey-Marshall



Things That Matter Exhibit
Let Your Light Shine
Betty Busby

feeling of vulnerability, it is blind to skin color, social status and age. Once we have connected with others in their experience of helplessness, we can better understand how to help and support one another. These paintings help me process, emotionally and physically, the vast experiences I have had with others."

*Experience this amazing series of exhibits.
We need not agree to appreciate.* ☀️

TEENS TAKE the MUSEUM NIGHT
Friday, June 27th, 2019
6:00 to 8:00 pm

\$5 photo booth snacks
activities music
art

ST. GEORGE ART MUSEUM
A LEGACY FOR THE FUTURE

47 E. 200 N. - St. George, UT 84770
Museum Hours: Mon-Sat, 10-5PM
Phone: 435-627-4525
sgartmuseum.com
E-mail: museum@sgcity.org

Safety Town
at Heritage Elementary
June 3rd thru 7th

- BIKE SAFETY
- STRANGER DANGER
- FIRE SAFETY
- INTERNET SAFETY
- ...AND MORE!

VITAL SAFETY SKILLS SESSION TIMES

9:00am - 11:00am
12:00 (Noon) - 2:00pm

Sign-Ups start April 5 @ 8am
Fee: \$35 • www.sgcityrec.org

UTAH YOUTH TRACK AND FIELD

FREE EVENT
Fri., May 10 @ 4 to 11pm
Sat., May 11 @ 8 to 11am

AGE DIVISIONS:
6-8 / 9-10 / 11-12 / 13-14
Age based on birthday
as of Dec. 31st, 2019

Come and meet
Rodney
"Hot-Rod"
the Road Runner

Register @
www.runnercard.com
(USATF)
under the event name of
Utah Youth Track & Field Meet

For more info, call 435-627-4500
or go to: sgcity.org/paces

SGR

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MON or WED / MID-DAY or EVENINGS • Fee: \$70 • 9 yrs - Adult

••• Class fee includes clay, glazes, and firings •••

New Classes Monthly
Private Classes Available by Appointment

REGISTER: St. George Rec. Center 285 S. 400 E.
435.627.4560 or ONLINE: www.sgcityrec.org/pottery

SIG Recreation Center
Your Place for Fitness & Fun!



CITY ACTIVITIES, SPECIAL EVENTS, RECREATION PROGRAMS & CLASSES



REGISTRATION LOCATIONS

Leisure Services Department
St. George Recreation Center
285 South 400 East
627-4560

SG Commons Building
220 North 200 East
627-4500

Sand Hollow Aquatic Center
1144 North Lava Flow Drive
627-4585

ON-GOING ACTIVITIES

US Masters Swim Program

Date: Monday thru Friday
Time: 10:30 am - Noon
Fee: \$4/ person or passes apply
Location: Sand Hollow Aquatic Center, 1144 North Lava Flow Drive

Wibit

Date: Most Saturdays *as staffing and availability permits
Time: Noon-6:00 pm
Fee: SHAC regular admission fees apply
Location: Sand Hollow Aquatic Center, 1144 North Lava Flow Drive

Lawn Bowling

Date: Mondays, Wednesdays & Fridays
Time: 10:30 am -12:30 pm
Fee: \$3.50/ person or passes apply
Location: St. George Recreation Center, 285 South 400 East

Karate Class

Date: Mondays & Wednesdays
Time: 6:50-7:45 pm (White/Yellow); 7:50-8:45 pm (Orange & Above)
Fee: \$30/month
Location: St. George Recreation Center, 285 South 400 East

Ballet Class

Date: Wednesdays, Thursdays or Fridays
Time: Varies
Fee: Varies
Location: St. George Recreation Center, 285 South 400 East

Polynesian Dance

Days: Tuesdays, Fridays or Saturdays
Time: Varies
Fee: \$25-40/month
Ages: 4+ years old
Location: St. George Recreation Center, 285 South 400 East

Tumbling

Date: Mondays, Tuesdays and Thursdays
Time: Varies
Fee: \$25-32/ person
Location: St. George Recreation Center, 285 South 400 East

Chess Club

Date: Thursdays
Time: 6:00-8:00 pm
Fee: \$3.50 for Adults; \$3.00 for Seniors; \$2.50 for Youth; Free to pass holders
Age: All ages welcome
Location: St. George Recreation Center, 285 South 400 East

Jr. Development & A.T.P (Advance Tennis Program)

Date: Mondays, Wednesdays and/or Fridays (6-wk rotations)
Day & Time: Jr. Development - Mon/Wed/Fri- 4:00-5:30 pm
ATP - Mon & Wed - 4:00-5:30 pm
Fee: Please visit sgcityrec.org for a detailed list of tennis packages ranging from once a week to 3 times a week plus private lessons.
Age: Jr. Development - 10 to 14 (Beginner to Intermediate)
ATP - 15 to 18 (Advance)
Location: Tonaquint Tennis Center 1851 South Dixie Drive
Description: Jr. Development is designed for beginner players and Intermediate Players, class will be split into groups according to skill level. ATP is designed for advanced players wanting to or already playing tournaments and high school tennis.

10 & Under Youth Tennis - Beginner / Intermediate

Day: Tuesday &/or Thursday (6-wk rotation)
Time: 4:30-5:30 pm
Fee: \$60/player- 1/wk; \$80/player-

2/wk; \$120/player- 2/wk PLUS 4 half hour private lessons
*All packages include Saturday "Hit Around" clinics and end of session tournament. Times will be announced for Hit Around and Tournament
Age: 6-10 years
Location: Tonaquint Tennis Center - 1851 South Dixie Drive
Description: Class will be played on a 60' court using orange low compressed tennis balls and junior size rackets allowing players to play this great sport like an adult. Our program is structured around the national program USTA. Beginner & Intermediate players, class will be split into two groups according to skill level.

10 & Under Youth Tennis - Advance

Day: Tuesday &/or Thursday (6-wk rotation)
Time: 4:30-6:00 pm
Fee: \$70/player- 1/wk; \$90/player- 2/wk; \$120/player- 2/wk PLUS 4 half hour private lessons
*All packages include Saturday "Hit Around" clinics and end of session tournament. Times will be announced for Hit Around and Tournament
Age: 6-10 years
Location: Tonaquint Tennis Center - 1851 South Dixie Drive
Description: Class will be played on a 60' court using orange low compressed tennis balls and junior size rackets allowing players to play this great sport like an adult. Our program is structured around the USTA a national tennis program. Advance players must have completed at least 4 or 5 beginner or intermediate sessions or have coaching staffs approval.

Munchkins - 10 & Under Youth Tennis

Date: Tuesdays &/or Thursdays (6-wk rotation)
Time: 5:30-6:00 pm
Fee: \$30/player- 1/wk; \$40/player- 2/wk;
*Both packages include an end of session tournament
Age: 4-5 years

Location: Tonaquint Tennis Center - 1851 South Dixie Drive
Description: Class is designed around the USTA rules using low compressed ball and a short court

The Smashers-Youth Pickleball Clinic

Date: Tuesdays &/or Thursdays (6-wk rotations)
Time: 5:30-7:00 pm
Fee: \$50/player- 1/wk; \$70/player- 2/wk; \$120/player- 2/wk PLUS 4 half hour private lessons
Age: 10-18 years
Location: Little Valley Pickleball Facility, 2149 E. Horseman Parkway Dr.
Description: Class will teach players how to play pickleball or work on existing pickleball strokes. Class will consist of drills, games, liveball games and match play. Class will be split into groups according to skill level. No clinics will be held over Spring Break.

Dinkers-Youth Pickleball Clinic

Date: Tuesdays &/or Thursdays (6-wk rotations)
Time: 4:30-5:30 pm
Fee: \$40/player- 1/wk; \$60/player- 2/wk; \$110/player- 2/wk PLUS 4 half hour private lessons
Age: 6-9 years
Location: Little Valley Pickleball Facility, 2149 E. Horseman Parkway Dr.
Description: Class will teach players how to play pickleball or work on existing pickleball strokes. Class will consist of drills, games, liveball games and match play. Class will be split into groups according to skill level. No clinics will be held over Spring Break.

APRIL EVENTS

-Registration Close Dates-

Junior Golf Program Registration

Begins April 8-June 7th. To register go to www.sgcity.org/golf. For more information call 435-627-4653.

Adult Outdoor Volleyball:

Closes April 4, league begins April 11. For more info and to register, go to sgcityrec.org/volleyball.

Youth T-Ball/Softball/Baseball:

Closes April 22, league begins May 7. For more info and to register, go to sgcityrec.org/tball.

-Programs/Events-

Current Art Exhibits

Date: March 23 - July 6
Location: St. George Art Museum, 47 E. 200 N.
Description: Main Gallery: Water, Downy Doxey-Marshal
Mezzanine Gallery: Things that Matter, Coalition of Artists with Purpose

(31 Textile Artists)
Legacy Gallery: Vulnerability, McGarren Flack

Adult & Kids Pottery Wheel- Monday/Wednesday Night

Date: April 1 (4 wks), April 3 (4 wks)
Time: Mon - 6:00-8:00 pm, Wed - 12:00-2:00 pm; 4:30-6:30 pm; or 7:00-9:00 pm
Fee: \$70/person
Age: 9 years-Adult
Location: St. George Recreation Center, 285 S. 400 E.
Description: This class is designed for the beginner and intermediate pottery student. On-going student rates available. Go to sgcity.org/pottery for more information and registration.

Red Rock Classic Tournament

Date: April 5-6
Fee: \$455/ 12 & 14U team, \$320/ 10U team
Location: Bloomington Park, Canyons Softball Complex and Little Valley Softball Complex
Description: A 10U, 12U and 14U fastpitch, softball tournament. Visit sgcityrec.org/softball to learn more and register.

SHAC Beginner, Sprint, Team Relay & Move-It Kids' Triathlon Registration

Date: April 6
Time: 9:00 am (Sprint/Team Relay), 11:00 am (Beginner), 12:00 pm(Kids)
Fee: \$40-Beginner/Sprint; \$65-Team Relay; \$15-Move-It Kids
Location: Sand Hollow Aquatic Center, 1144 N Lava Flow Drive
Description: Contact the SHAC for more information, 435/627-4585.

Sand Hollow Aquatic Center's SPRING Learn to Swim Program- Session 1

Date: April 8-18
Time: 5:05 pm and 5:50 pm
Fee: \$32/youth
Location: Sand Hollow Aquatic Center, 1144 N. Lava Flow Dr.
Description: Classes are designed to teach progressive techniques to the beginner through the advanced swimmer. The Learn to Swim Program follows American Red Cross program guidelines.

Adult Outdoor Volleyball League

Date: April 11
Time: Thursday nights, after 6:30 pm
Fee: \$100/team
Description: 4 vs. 4 volleyball played on grass using modified USA outdoor volleyball rules. Fourteen games (7 weeks) plus a single elimination tournament. Women's and co-ed recreational leagues offered. Go to sgcityrec.org/volleyball for more info.

UOVA: Utah Outdoor Volleyball Tournament

Date: April 13
Fee: \$70/team
Location: Little Valley Multi-Sport Complex

Description: Tournament format includes pool play and single elimination tournament

smART Saturday- Art Class for Kids

Date: April 13
Time: 10:00-11:00 am
Fee: \$3
Age: 6-12 years
Location: St. George Art Museum, 47 E. 200 N.
Description: April's featured artist is Jacob Lawrence. Each smART Saturday class includes an art lesson and a related project.

Cottontail Scramble

Date: April 15
Time: 5:30-7:00 pm
Fee: \$3/youth
Age: 8 and younger
Location: Tonaquint Park, 1851 South Dixie Drive
Description: Fun family tradition at Tonaquint Park. Registration fee includes egg hunt, craft and 1 Thunder Junction train ride token.

St. George Art Museum Book Club

Date: April 18
Time: 4:00 pm
Fee: FREE
Location: St. George Art Museum, 47 E. 200 N.
Description: April's featured book discussion is on Short Nights of the Shadow Catcher: The Epic Life and Immortal Photographs of Edward Curtis by Timothy Egan

St. George Art Museum Art Conversation

Date: April 18
Time: 7:00 pm
Fee: FREE
Location: St. George Art Museum, 47 E. 200 N.
Description: April's art conversation will be led by the amazingly talented quilter, Margaret Abramshe. She is a Juried Member of the Studio Art Quilt Associates (SAQA).

St. George Art Festival

Date: April 19-20
Time: 10:00 am - 6:00 pm
Fee: FREE General Admission
Location: St. George Town Square
Description: The St. George Art Festival began in 1980, now showcasing over 125 artists from throughout the United States. Festival goers enjoy thousands of original works of art, live entertainment, a vibrant children's area, and foods of all kinds. Go to sgcity.org/artfestival for more information.

Curiosity Club

Date: April 23 (4 wks)
Time: 10:30 am OR 1:30 pm
Fee: \$20/youth
Age: 3-6 years
Location: Tonaquint Nature Center, 1851 South Dixie Drive
Description: Kids will be introduced to new topics during each of the 1-hour long club meetings.

Arbor Day Celebration Sponsored by Shade Tree Board and Star Nursery

Date: Saturday, April 27
Time: 9:00 am - 11:00 am
Fee: FREE

Location: 2450 East Park, 130 N. 2450 E.
Description: Show your support and community pride by helping to plant trees and shrubbery! Kids can will also be able to make their own Arbor Day craft. All volunteers will be offered a light lunch of a hot dog, chips and drink.

Adult & Kids Pottery Wheel - Monday Nights

Date: April 29 (4 wks)
Time: 6:00-8:00 pm
Fee: \$70/person

Age: 9 years-Adult
Location: St. George Recreation Center, 285 S. 400 E.
Description: This class is designed for the beginner and intermediate pottery student. On-going student rates available. Go to sgcity.org/pottery for more information.

Sand Hollow Aquatic Center's SPRING Learn to Swim Program- Session 2

Date: April 29- May 9
Time: 5:05 pm and 5:50 pm
Fee: \$32/youth

Location: Sand Hollow Aquatic Center, 1144 N. Lava Flow Dr.
Description: Classes are designed to teach progressive techniques to the beginner through the advanced swimmer. The Learn to Swim Program follows American Red Cross program guidelines.

Adult Lapidary Class

Date: April 30 (4 wks)
Time: 9:00 am-Noon OR 12:00-3:00 pm
Fee: \$37.50/person
Age: 16 years-Adult

Location: St. George Recreation Center, 285 S. 400 E.
Description: Come learn the intricacies of silver smiting and lapidary work! Make new friends and new jewelry at the same time.

MAY EVENTS**-Registration Close Dates-****Junior Golf Program Registration**

Begins April 8-June 7th. To register go to www.sgcity.org/golf. For more information call 435-627-4653.

Spring Adult Coed Kickball:

Closes May 8, league begins May 15. For more info and to register, go to sgcityrec.org/kickball.

FUNDamental T-Ball:

Closes May 10, clinic begins May 11. For more info and to register, go to sgcityrec.org/.

British Soccer Camp:

Closes May 24, camp begins June 3. For

more info go to challengersports.com (Summer Camps > International Camps > Search 84770 zip code).

Youth Rugby Camp:

Closes May 31, camp begins June 3. For more info and to register, go to sgcityrec.org/rugby.

-Programs/Events-**Adult & Kids Pottery Wheel- Wednesday Nights**

Date: May 1 (4 wks)
Time: 12:00-2:00 pm; 4:30-6:30 pm; or 7:00-9:00 pm
Fee: \$70/person

Age: 9 years-Adult
Location: St. George Recreation Center, 285 S. 400 E.
Description: This class is designed for the beginner and intermediate pottery student. On-going student rates available. Go to sgcity.org/pottery for more information.

Pitch, Hit and Run Competition

Date: May 2
Time: 6:00 pm
Fee: FREE

Age: 7-14 years
Location: The Fields at Little Valley, 2995 S. 2350 E.
Description: Participants will PITCH... Throw strikes to a designated target; HIT...Hit from a stationary batting tee for distance and accuracy and RUN...Sprint from 2nd base to home plate for time. On-site registration starts at 5:00 pm.

The Garden Fair & Water Walk

Date: May 6
Time: 4:00-7:00 pm
Fee: FREE

Location: The Garden, 1851 S Dixie Drive
Description: Relax at the Garden Fair and show your support for the annual Water Walk. The walk begins at The Garden and ends at Cottonwood Cove Park. Shuttles are available back to The Garden. Sponsored by the Washington County Water Conservancy District.
Contact: Julie B. at 673-3617

Boy Scout Merit Badge Class-Family Life

Date: May 6
Time: 4:00-5:00 pm
Fee: \$12/youth

Location: St. George Recreation Center, 285 S. 400 E.
Description: Local scouts can earn credit for the Family Life merit badge while attending this class. Go to sgcity.org/scouts for more information.

Youth Tofball: T-ball/Softball/Baseball

Date: May 6
Time: 4:00-5:00 pm
Fee: \$32/youth

Location: Little Valley Softball Complex, 2995 S 2350 E St.
Description: For both boys and girls, Tofball uses adapted High School

rules. Go to sgcityreg.org/tball for more information and to register.

Ceramic Creations: Clay Tiles, Slabs, Vases and Bowls

Date: May 7 (3 wks)
Time: 5:30-7:00 pm
Fee: \$40/person

Age: 11 years - Adult
Location: St. George Recreation Center, 285 S. 400 E.

Description: Students will design and build their own ceramic tiles, vases and bowls. Materials are included in the class fee. Space is limited, sign up early!

Youth Utah Youth Track and Field Meet

Date: May 10-11
Time: 4:00-11:00 pm (Friday); 8:00-11:00 am (Saturday)
Fee: FREE

Age: 6-14 years
Location: Snow Canyon High School, 1385 Lava Flow Drive
Description: Youth athletes can compete against each other in one, or all 11 events. The participant's age is based on his/her birthday as of December 31, 2017. Registration is done through www.runnercard.com (under the name of Utah Youth Track and Field Meet).

Youth FUN-damental T-Ball

Date: May 11 (6 wks)
Fee: \$25/child

Age: 3-6 years
Location: The Fields at Little Valley, 2995 S. 2350 E.
Description: Basic skills will be taught so the kids have a foundation upon which to build. Parental participation is required. Go to sgcityrec.org for more information.

JAG (Jr. Golf) Summer Kick-Off Party

Date: May 11
Time: 9:00-11:30 am
Fee: FREE

Age: 7-17 years
Location: Southgate Driving Range, 1975 Tonaquint Drive
Description: JAG (Junior Association of Golfers) is the best way to get your junior involved in golf and you can learn more about the JAG program at the Summer Kick-off Party. The morning will include free lessons, Elks Skills challenge, and refreshments.

Dixie Elks Lodge Golf Skills Shoot-Out

Date: May 11
Time: 9:00-11:30 am
Fee: FREE

Age: 7-17 years
Location: Southgate Driving Range, 1975 Tonaquint Drive
Description: The Skills Shoot-Out will include the following skills: Drive, Mid-Iron, Pitch, Chip, Long Putt and Short Putt. Lunch and an award ceremony will be held at the Dixie Elks Lodge after the contest. All 1st place winners are invited to participate in the State Skills Shoot-Out in August.

smART Saturday- Art Class for Kids

Date: May 11
Time: 10:00-11:00 am
Fee: \$3

Age: 6-12 years
Location: St. George Art Museum, 47 E. 200 N.
Description: May's featured artist is Mary Cassatt. Each smART Saturday class includes an art lesson and a related project.

Spring Adult Coed Kickball

Date: May 15
Time: 6:30-9:30 pm
Fee: \$110 per team

Location: Little Valley Softball Complex, 2995 S 2350 E St.
Description: 10 vs. 10 played on the little league baseball fields. Seven weeks plus a single elimination tournament. Go to sgcityrec.org/kickball for more information.

St. George Art Museum Book Club

Date: May 16
Time: 4:00 pm
Fee: FREE

Location: St. George Art Museum, 47 E. 200 N.
Description: May's featured book discussion is on Killers of the Flower Moon: The Osage Murders and the Birth of the FBI by David Grann

St. George Art Museum Art Conversation

Date: May 16
Time: 7:00 pm
Fee: FREE

Location: St. George Art Museum, 47 E. 200 N.
Description: May's art conversation will be lead by Utah native artist, McGarren Flack on his inspiration and creating unique works of art.

Skate Competition

Date: May 18
Time: 6:00 pm
Fee: \$25

Age: Youth to Adult
Location: St. George Skate Park, 171 E. 1160 S.
Description: The five highest scores will go to the final round. Competition includes drawings for prizes, food and music. Discount for pre-registration. Pre-registration deadline is Wednesday, May 15 at 6pm

NJCAA Division I Softball National Championship Tournament

Date: May 22-25
Location: Canyons Softball Complex, 2000 N. 1890 W.
Description: For the complete array of information go to sgcity.org/njcaa: however, if any clarification is needed, please contact us at 435/627-4500.

City of St. George Municipal Pool Summer OPENING DAY

Date: Thursday, May 23

Time: 1:00 pm

Fee: \$2/child for general admission; \$3/adult for general admission; Additional \$2.50 for unlimited hydrotube use and general admission.

Location: City of St. George Pool, 250 E. 700 S.
Description: It is that time of the year again and we are ready to make a splash this summer! Join us at the St. George Municipal Pool and ride the "Hydro-Abyss". The thrill ride features an ever changing fiber-optic color display experience at each turn and drop of the 330 foot long exciting water ride. Come join us for an exhilarating water thrill!

Sunset on the Square

Date: May 24, June 14, June 28, July 12, July 26
Fee: FREE

Location: Town Square, 50 N. Main
Description: Town Square becomes an outdoor movie theatre for the whole community! Bring your blankets, lawn chairs and goodies to enjoy the evening and movie beginning at dusk. Go to sgcity.org/sunsetonthesquare for a list of movies and times.

Youth Summer Tennis Camp

Date: May 29-31
Time: 8:00-10:30 am
Fee: \$60 includes t-shirt and frozen treats.

Age: 11-18 years
Location: Tonaquint Tennis Complex, 1851 S. Dixie Drive
Description: For all skill levels. The camp will consist of drills, games, match play and lots of fun. Late registration, \$70 per participant is accepted from May 23-28, 2019 if slots are available. Go to sgcityrec.org/tennis for more information.

Zombie Survival Bootcamp

Date: May 29-31
Time: 8:30 am - 12:00 pm
Fee: \$45

Age: 11-14 years
Location: Tonaquint Park, 1851 S. Dixie Drive
Description: Do you have what it takes to survive a Zombie attack? Check out this new camp for kids! We will train you on the survival basics and test your abilities on the last day. Then we will see who can survive the attack.

10-n-Under Youth Summer Tennis Camp

Date: May 29-31
Time: 10:30 am - 12:30 pm
Fee: \$40 includes t-shirt and frozen treats.

Age: 6-10 years
Location: Tonaquint Tennis Complex, 1851 S. Dixie Drive
Description: For all skill levels. Tennis camp will consist of drills, games, match play and lots of fun. Camp will be played on 60' courts using orange low compressed tennis balls. Late registration, \$50 per participant is accepted from May 23-28, 2019 if slots

are available. Go to sgcityrec.org/tennis for more information.

JUNE EVENTS**-Registration Close Dates-****Junior Golf Program Registration**

Begins April 8-June 7th. To register go to www.sgcity.org/golf. For more information call 435-627-4653.

Summer Softball League:

Closes June 3, league begins June 10. For more info and to register, go to sgcityrec.org/softball.

Girls Accelerated

Closes June 10, league begins June 17. For more info and Fastpitch Softball: to register, go to sgcityrec.org/softball.

Men's/Women's Heat Stroker

Closes June 30, tournament begins July 12. For more info Softball Tournament: and to register, go to sgcityrec.org/softball.

-Programs/Events-**Youth Mountain Bike Summer Series**

Date: Session 1: June 3-7; Session 2: June 17-23; Session 3: July 15-19; Session 4: July 29- August 2

Time: 8:00-11:00 am
Fee: \$58

Age: 11-17 years
Location: St. George Recreation Center, 285 S. 400 E.
Description: This program will introduce young bikers to the basics and advanced techniques of mountain biking. Participants will travel to various sites throughout the week.

British Soccer Camp

Date: June 3-7
Time: Varies
Fee: \$105-\$162

Age: 3-14 years
Location: Bluff Street Park, 600 E 600 S
Description: The new Challenger International Soccer Camp reflects the truly global nature of the sport today and provides young players with a wide variety of coaching styles, practices, and influences that will help them develop a well-rounded skill set. Go to challengersports.com (Summer Camps > International Camps > Search 84770 zip code) to learn more and register.

Rugby Camp

Date: June 3-7
Time: 9:00 - 10:30 am
Fee: \$35

Age: 7-14 years
Location: Sandtown Park, 600 N Bluff St
Description: This is a learning camp using High School rules. Each participant will receive their own Rugby ball to keep. Go to sgcityrec.org/rugby for more info.

Sand Hollow Aquatic Center's SUMMER Learn to Swim Program

Date: Session 1: June 3-13;
Session 2: June 17-28
Session 3: July 8-18;
Session 4: July 22- August 1
Time: 9:15 am, 10:00 am, 10:45 am, 11:30 am, 5:05 pm and 5:50 pm
Fee: \$32/youth (\$28 for Session 4)
Location: Sand Hollow Aquatic Center, 1144 N. Lava Flow Dr.
Description: Classes are designed to teach progressive techniques to the beginner through the advanced swimmer. It is our goal to advance students through the lesson sequence at a reasonable pace while maintaining a high standard of instruction. It is not uncommon for a child to repeat a particular level. The Learn to Swim Program follows American Red Cross program guidelines.

St. George City Pool's SUMMER Learn to Swim Program

Date: Session 1: June 3-13;
Session 2: June 17-28
Session 3: July 8-18;
Session 4: July 22- August 1
Time: 10:30 am, 11:15 am and Noon
Fee: \$32/youth (\$28 for Session 4)
Location: St. George City Pool, 700 S 250 E
Description: Classes are designed to teach progressive techniques to the beginner through the advanced swimmer. It is our goal to advance students through the lesson sequence at a reasonable pace while maintaining a high standard of instruction. It is not uncommon for a child to repeat a particular level. The Learn to Swim Program follows American Red Cross program guidelines.

Junior Lifeguarding Camp (previously called Guard Start)

Date: Session 1: June 3-20;
Session 2: June 24-July 11;
Session 3: July 15-August 1
Time: 10:00 am-12:45 pm
Age: 11-14 years
Fee: \$100/participant
Location: Sand Hollow Aquatic Center, 1144 N. Lava Flow Dr.
Description: Each participant will gain a solid foundation of knowledge and skills to prepare them for future lifeguarding certification. Sessions run Monday thru Thursday for 3 weeks.

Safety Town

Date: June 3-7
Time: 9:00-11:00 am OR 12:00-2:00 pm
Fee: \$35
Age: K-1st grade for FALL 2019
Location: Heritage Elementary School, 747 E Riverside Drive
Description: Safety Town is the perfect well-rounded safety "primer" for young children entering into school. It will cover various safety topics through the means of role-playing, games, songs, special guests, constructive play and hands-on safety practice through a stimulated "town" setting.

Wiggly Worm Nature Camp

Dates: Session 1: June 3-7;
Session 2: June 10-14
Time: 9:00 am - Noon
Fee: \$42
Age: 2nd-3rd grade for FALL 2019
Location: Tonaquint Nature Center, 1851 South Dixie Drive
Description: Each session offers unique, age-appropriate activities that will educate and allow for exploration of the amazing world we live in.

Boredom Buster Day Camp

Dates: Session 1: June 3-7;
Session 2: June 17-21;
Session 3: July 22-26
Time: 1:00-3:00pm
Fee: \$26
Age: 8-10 years (Session 1 & 3);
5-7 years (Session 2)
Location: St. George Recreation Center, 285 S. 400 E.
Description: Summertime in St. George can be hot, but kids still need to burn energy regardless of the temperature outside so why not sign them up for an afternoon day camp! Kids will running, jumping playing games, making crafts and meeting new friends. Boredom is not allowed at this camp!

Youth Water Sport Summer Series

Date: Session 1: June 3-7;
Session 2: June 10-14;
Session 3: June 17-21
Session 4: June 24-28;
Session 5: July 8-12;
Session 6: July 15-19
Session 7: July 22-26;
Session 8: July 29 - August 2
Time: 1:00-4:00 pm
Fee: \$65
Age: 11-17 years
Location: St. George Recreation Center, 285 S. 400 E.
Description: This program will introduce youth to kayak and paddle board techniques. Participants will travel to various sites throughout the week.

Boy Scout Merit Badge Class-Collections; Communications

Date: June 3 & June 24
Time: 10:00-11:00 am - Collections
11:30 am- 1:30 pm - Communications
Fee: \$12/youth
Location: Electric Theater, 68 East Tabernacle St.
Description: Local scouts can earn credit for the Collections/ Communications merit badge while attending this class. Go to sgcity.org/scouts for more information.

Boy Scout Merit Badge Class - Art; Animation

Date: June 3 & June 24 (2 wks)
Time: 10:00-11:30 am - Art
12:00-1:15 pm - Animation
Fee: \$12/youth (plus \$3 material fee)
Location: Electric Theater, 68 East Tabernacle St.
Description: Local scouts can earn credit for the Art/Animation merit badge

while attending this class. Go to sgcity.org/scouts for more information.

Jr. Development Tennis Program

Date: June 3 (5 wk rotations)
Time: 8:00-9:30 am
Fee: Please visit sgcityrec.org/tennis for a detailed list of tennis packages and pricing
Age: 10 to 14 (Beginner to Intermediate)
Location: Tonaquint Tennis Center - 1851 South Dixie Drive
Description: Class will be split into groups according to skill level. Players meet Mondays, Wednesdays and/or Fridays.

A.T.P (Advance Tennis Program)

Date: June 3 (5 wk rotations)
Time: 9:30-11:00 am
Fee: Please visit sgcityrec.org/tennis for a detailed list of tennis packages and pricing
Age: 15 to 18 (Advance)
Location: Tonaquint Tennis Center - 1851 South Dixie Drive
Description: Designed for players wanting to, or who already, play tournaments and high school tennis. Players meet Mondays, Wednesdays and/or Fridays.

Youth Pickleball Class-The Smashers

Dates: Session 1: June 4 &/or 6 (5 wks)
Session 2: July 9 &/or 11 (5 wks)
Time: 8:00-9:30 am
Fee: Please visit sgcityrec.org/tennis for a detailed list of tennis packages and pricing. *All packages include: Summer Fun Pack
Age: 10-18 years
Location: Little Valley Pickleball Complex, 2149 Horseman Park Drive
Description: The class will teach players how to play the game and/or improve on existing skills. Each class implements instruction and match play.

Youth Pickleball Class- Dinkers

Dates: Session 1: June 4 &/or 6 (5 wks)
Session 2: July 9 &/or 11 (5 wks)
Time: 9:30-10:30 am
Fee: Please visit sgcityrec.org/tennis for a detailed list of tennis packages and pricing. *All packages include: Summer Fun Pack
Age: 6-9 years
Location: Little Valley Pickleball Complex, 2149 Horseman Park Drive
Description: The class will teach players how to play the game and/or improve on existing skills. Each class implements instruction and match play.

10-n-Under Tennis - Beginner/Intermediate

Dates: Session 1: June 4 &/or 6 (5 wks)
Session 2: July 9 &/or 11 (5 wks)
Time: 8:30-9:30 am
Fee: Please visit sgcityrec.org/tennis for a detailed list of tennis packages and pricing. *All packages include: Summer Fun Pack, Saturday Hit Around, end of session tournament and ceremony.
Age: 6-10 years
Location: Tonaquint Tennis Complex, 1851 South Dixie Dr.

Description: Players will be playing on a 60' tennis court using low compressed balls and a junior size racket. 10-N-Under is a USTA national program. Players will be split into groups according to skill level.

10-n-Under Tennis- Advance

Dates: Session 1: June 4 &/or 6(5 wks)
Session 2: July 9 &/or 11 (5 wks)
Time: 8:30-10:00 am
Fee: Please visit sgcityrec.org/tennis for a detailed list of tennis packages and pricing. *All packages include: Summer Fun Pack, Saturday Hit Around, end of session tournament and ceremony.
Age: 6-10 years
Location: Tonaquint Tennis Complex, 1851 South Dixie Dr.
Description: Players will be playing on a 60' tennis court using low compressed balls and a junior size racket. 10-N-Under is a USTA national program. Players will be split into groups according to skill level.

10-n-Under Tennis - Munchkins

Dates: Session 1: June 4 &/or 6 (5 wks)
Session 2: July 9 &/or 11 (5 wks)
Time: 9:30-10:00 am
Fee: Please visit sgcityrec.org/tennis for a detailed list of tennis packages and pricing
Age: 4-5 years
Location: Tonaquint Tennis Complex, 1851 South Dixie Dr.
Description: Designed to introduce children to the world of tennis. Players will be playing on a 60' tennis court using low compressed balls and a junior size racket. Players will be split into groups according to skill level.

Clay Creations for Preschoolers

Date: June 5 (3 wks)
Time: 10:30-11:30 am
Fee: \$25/pair
Age: 2-6 years and an adult
Location: St. George Recreation Center, 285 S. 400 E.
Description: This class is designed for preschoolers and a parent/guardian to experience together. Class fee includes all supplies.

Pottery Wheel Intermediate

Date: June 5 (4 wks)
Time: 12:00-2:00 pm; 4:30-6:30 pm; or 7:00-9:00 pm
Fee: \$70/person
Age: 9 years-Adult
Location: St. George Recreation Center, 285 S. 400 E.
Description: Intermediate students will work on personal projects and learn more advanced techniques such as: lidded containers, sectionals, and sets. The class fee includes clay, glazes, and firings. Go to sgcity.org/pottery for more information.

Ceramic Creations: Clay Mask Workshop

Date: June 5 (3 wks)

Time: 2:30-4:00 pm
Fee: \$40
Age: 11 years & older
Location: St. George Recreation Center, 285 S. 400 E.
Description: Students will learn the technique of attaching clay together to create wonderful works of art. Projects will be glazed and ready to display at home! Materials are included in the class fee. Space is limited, sign up early!

Boy Scout Merit Badge Class - Insect

Date: June 6
Time: 2:30 pm
Fee: \$12/youth
Location: Tonaquint Nature Center, 1851 S. Dixie Drive
Description: Local scouts can earn credit for the Insect merit badge while attending this class. Go to sgcity.org/scouts for more information.

Moonlight Fire Hose Frenzy 5K

Date: June 7
Time: 10:00 pm
Fee: \$30; Family discount available
Age: ALL
Location: St. George Town Square, 86 S. Main
Description: Run St. George at night at this fun run featuring rocking tunes, glowing giveaways and great awards.

smART Saturday- Art Class for Kids

Date: June 8
Time: 10:00-11:00 am
Fee: \$3
Age: 6-12 years
Location: St. George Art Museum, 47 E. 200 N.
Description: June's featured artist is Pablo Picasso. Each smART Saturday class includes an art lesson and a related project.

Adult Summer Slow Pitch Softball League

Date: June 10
Time: 6:30-9:30 pm
Fee: \$450 Double, \$335 Single
Location: Canyons Softball Complex, 1890 W 200 N
Description: League includes 16 game guarantee for Double Headers and 9 game guarantee for Single Headers. Go to sgcityrec.org/softball for more information.

Learn to Draw Cartoon Workshop

Date: June 10 (2 wks)
Time: 1:30-3:00pm
Fee: \$25
Age: 10 years & older
Location: Electric Theater, 68 East Tabernacle
Description: Students will learn the basics of cartoon drawing including how to add detailed backgrounds. Class fee includes all materials.

Dance Summer Camp

Dates: June 10-13
Time: 2:00-4:00 pm
Fee: \$25 per day

Age: 8-15 years
Location: St. George Recreation Center, 285 S. 400 E
Description: In this retro dance camp students will explore different dance styles, proper dance positioning, etiquette and how to lead and follow.

Youth Explorers Bouldering Summer Series

Date: Session 1: June 10-14;
Session 2: June 24-28
Session 3: July 8-12;
Session 4: July 22-26
Time: 8:00-10:00 am
Fee: \$56
Age: 11-17 years
Location: St. George Recreation Center, 285 S. 400 E..
Description: This program will introduce youth to an array of bouldering techniques. Participants will travel to various sites throughout the week.

Adventure Camp for Teens

Dates: Session 1: June 10-13;
Session 2: June 24-27;
Session 3: July 8-11;
Session 4: July 15-18;
Session 5: July 29-August 1
Time: 8:00 am - 12:30 pm
Fee: \$55
Age: 6-9th grade for FALL 2019
Location: St. George Recreation Center, 285 S. 400 E.
Description: Camp begins and ends each day at St. George Recreation Center. *Sessions 1 & 2 are the same activities; Sessions 3, 4, 5 are the same activities.

Camp Neptune Aquatic Day Camp

Dates: Session 1: June 10-14;
Session 2: June 24-28
Time: 11:30 am - 1:30 pm
Fee: \$35/youth
Age: 5-7 years
Location: Sand Hollow Aquatic Center, 1144 N. Lava Flow Drive
Description: Make a splash at this day camp at the SHAC! Each session will feature different games, activities along with fun in the water.

Medieval Magic - Summer Culture Classes

Dates: Class 1: June 10-13;
Class 2: June 17-20;
Class 3: June 24-27
Class 4: July 15-18;
Class 5: July 22-25;
Class 6: July 29-August 1
Time: 9:30-11:00 am (Classes 1 & 4);
9:30-11:30 am (Classes 2, 3, 5, 6)
Fee: \$30
Age: 1st - 9th grade as of FALL 2019
Location: St. George Art Museum, 200 N. 47 E.
Description: This summer art class is taught by both artists and art historians to ensure it will be both fun and educational!

American Red Cross Lifeguard Certification Class - June Session

Date: June 10-14

Time: 8:15-11:15 am
Age: 15 and older
Fee: \$150/participant
Location: St. George City Pool, 700 S 250 E.
Description: Participants will be taught water safety and rescue policies and procedures and then tested for certification.

Curiosity Club for Kids
Dates: Tuesdays, June 11, 18, 25, July 2, 9, 16, 23
Time: 1:30-3:00 pm
Fee: \$7/ day
Age: 3-6 years
Location: St. George Social Hall, 200 N. 47 E.
Description: Kids will be engaged in different topics each week.

Pottery Wheel Beginner - June Session
Dates: June 11 (Tues. & Thurs. 3 wks)
Time: 9:30-11:00am, 1:00-2:30pm, 4:30-6:00pm
Fee: \$70
Age: 9 years & older
Location: St. George Recreation Center, 285 S. 400 E.
Description: This class is designed for the beginner and intermediate pottery student. Students will learn how to center and will make a mug, bowl, plate, and vase. The class fee includes clay, glazes and firings. Go to sgcity.org/pottery for more information.

Clay Hand Building - June Session
Date: June 11 (Tues. & Thurs. 3 wks)
Time: 11:30am-12:30pm
Fee: \$45
Age: 6 year & older
Location: St. George Recreation Center, 285 S. 400 E.
Description: This class is designed for beginner and intermediate pottery students. Students will learn how to make a pinch pot, coil bowl, slab project and clay animal. The class fee includes clay, glazes and firings.

Arts, Crafts & Collages - June Session
Date: June 11 (Tues. & Thurs. 3 wks)
Time: 3:00-4:00pm
Fee: \$45
Age: 6 years & older
Location: St. George Recreation Center, 285 S. 400 E.
Description: Each day, students will make one or two creative projects such as handmade candles, games, pictures frames, painting with new materials and many more.

Midnight Madness Tennis Tournament Series- June Tourney
Date: June 14
Time: TBA
Fee: \$20/ person; \$40/person for all 3 tournaments
Age: 10 & Older
Location: Tonaquint Tennis Center, 1851 S. Dixie Dr.

Description: Players can participant in one or all 3 Friday night summer tennis tournaments! Registration deadline is June 10, 2019; after deadline a \$10 late fee applies. Go to sgcityrec.org/tennis for more information and to register.

Girls Accelerated Fast Pitch League
Date: June 17
Time: 5:30 pm
Fee: \$350/ team, \$40/participant
Age: 10U-18U
Location: Little Valley Complex, 2995 S. 2350 E. St.
Description: Teams will play 8 league games with a single elimination tournament. Go to sgcityrec.org/softball for more information.

American Red Cross Water Safety Instructor Certification
Date: June 17-28
Time: 8:00 am - 12:00 pm
Age: 16 and older
Fee: \$150/participant
Location: St. George City Pool, 700 S. 250 E.
Description: Participants will be taught water safety and rescue policies and procedures and then tested for certification

Skateboard Camp
Date: June 17-19
Time: 8:30am
Fee: \$25
Age: Beginner & Intermediate Skill levels
Location: St. George Skate Park, 171 E. 1160 S.
Description: This camp is for both beginner and intermediate level skaters. Participants are required to wear a helmet, kneepads and elbow pads are highly recommended.

Crazy Crawdad Nature Camp
Dates: Session 1: June 17-21; Session 2: June 24-28
Time: 9:00 am - 1:00 pm
Fee: \$55
Age: 4th & 5th grade for FALL 2019
Location: Tonaquint Nature Center, 1851 South Dixie Drive
Description: Each session offers unique, age-appropriate activities that will educate and allow for exploration of the amazing world in which we live.

Lego Mindstorm Robotic - Lego WeDo Robotics - June Session
Dates: June 17
Time: 1:00-3:00 pm
Fee: \$30
Age: 7-10 years
Location: St. George Recreation Center, 285 S. 400 E.
Description: WeDo Robotics is a great way for kids to be introduced to robotics and programming with familiar LEGO bricks with easy drag and drop programming.

Lego Mindstorm Robotic - Beginning & Intermediate - June Session
Dates: June 17-19
Time: 9:00 am - 12:00 pm
Fee: \$90
Age: 9-14 years
Location: St. George Recreation Center, 285 S. 400 E.
Description: Building and programming to meet different challenges and overcome obstacles. This class will be split for beginners and intermediate students.

Lego Jr Engineering
Dates: June 18
Time: 1:00-2:30 pm
Fee: \$25
Age: 4-6 years
Location: St. George Recreation Center, 285 S. 400 E.
Description: Lego Jr. Engineering is designed to teach young children all about how things work using simple machine type structures and LEGO bricks.

St. George Art Museum Book Club
Date: June 20
Time: 4:00 pm
Fee: FREE
Location: St. George Art Museum, 47 E. 200 N.
Description: June's featured book discussion is on Neither Wolf nor Dog: On Forgotten Roads with an Indian Elder by Kent Nerbum.

St. George Art Museum Art Conversation
Date: June 20
Time: 7:00 pm
Fee: FREE
Location: St. George Art Museum, 47 E. 200 N.
Description: June's art conversation will be lead by multi-talented artist, Ms. Downy Doxey-Marshall on her reverence for landscape and passion for oil painting.

Spa Workshop for Teens
Dates: June 26-27
Time: 1:30-3:00 pm
Fee: \$25
Age: 10-15 years
Location: St. George Social Hall, 200 N. 47 E.
Description: Learn how to pamper yourself by making your own spa products to use at home.

Teens Night
Dates: June 27
Time: 6:00-8:00 pm
Fee: \$5
Age: 11-17
Location: St. George Art Museum, 47 E. 200 N.
Description: Teens, come 'Take the Museum' for a night filled with art, activities, fun, music, a photo booth, and snacks!

CONTACT INFORMATION

Mayor and City Council

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Communications and Marketing

David Cordero.....david.cordero@sgcity.org

City Services

Administration 627-4000
 Airport..... 627-4080
 Animal Shelter..... 627-4350
 Building 627-4100
 Business Licenses..... 627-4740
 City Pool (700 So.)..... 627-4584
 Community Arts 627-4525
 Community Development 627-4206
 Engineering 627-4050
 Fire 627-4150
 Leisure Services..... 627-4500
 Parks 627-4530
 Police..... 627-4301
 Public Information 627-4005
 Public Works..... 627-4050
 Recorder 627-4003
 Recreation Center/ Programs..... 627-4560
 Sand Hollow Aquatic Center 627-4585
 Streets 627-4020
 Suntran..... 673-8726
 Utilities 627-4700
 Water/Energy Emergencies 627-4835
 Water/Energy Conservation 627-4848



For emergencies please call 911

City Council

Regularly scheduled city council meetings are held on the first and third Thursdays each month starting at 5:00pm at City Hall (175 East 200 North) unless otherwise noticed. Work meeting sessions are held on the second, fourth and fifth Thursdays beginning at 4:00pm at City Hall.

Planning Commission

Regularly scheduled planning commission meetings are held on the second and fourth Tuesdays each month starting at 5:00pm at the City Office Building unless otherwise noticed.

For more information on city services, contact information, and events please visit the city website at www.sgcity.org.

City of St. George **JUNIOR GOLF PROGRAM**

REGISTRATION
STARTS APRIL 8TH
ENDS JUNE 7TH

Summer 2019/Ages 7-17

\$400⁰⁰ JAG Membership includes:

- \$3 May-September Green Fee at Dixie Red Hills, Sunbrook, Southgate and St. George Golf Club.
- \$6 October-April Green Fee at Dixie Red Hills, Sunbrook, Southgate and St. George Golf Club.
- JAG T-Shirt
- 4 FREE Golf Instruction Clinics
- FREE Rules School Classes
- Range Ball Discount
- Mid-Year JAG Pool Party - Thursday, June 27th 2019 8:30pm to 10pm @ The City Pool
- Elks Skills Challenge (optional)
- *JAG Tournaments (optional)
- *Adult/Junior Tournaments (optional)
- *JAG Teaching Clinics throughout the Summer (optional)

JAG Kickoff Party!

WHEN: Saturday, May 11th 2019

WHERE: St. George Golf Center at Southgate

TIME: 9am to 11:30am

Contests, Prizes, Elks Skills Challenge,
FREE 5 Minute Lessons and Refreshments for all JAG
Participants and their Parents!

2 Ways to Register

1) **ON-LINE:** www.sgcity.org/golf

2) **IN PERSON:** St. George Recreation Center
285 South 400 East, St. George UT

Leisure Services: 220 North 200 East, St. George UT

FOR MORE INFORMATION CALL:

435-627-4653

Directed by the City of St. George Golf Division
and local PGA Professionals

